

TOOLBOX

THE EMPOWERMENT FOCUSER™

YEAR 01



**COLLEGIATE
EMPOWERMENT**
Coaching

THE EMPOWERMENT FOCUSER

Stop and think about your vision. As you move forward towards that vision, most people typically jump from one goal to the next without taking the time to actually reflect back and honor our progress. We tend to skip the acknowledgement and celebration of achievement and move on to the next goal. When we do that, we abandon the appreciation and joy for what we are actually doing, and instead experience burnout from an overloaded schedule of to-do's.

Imagine your vision as the horizon. What would happen if you tried to swim to the horizon? Would you ever make it? Of course not; you'd drown. Your vision is constantly changing, constantly evolving as you achieve goals along the way. Your vision is like the horizon in that it gives you direction, helps you set goals, and inspires you. Your vision may also limit your horizon by causing you to feel guilt, anxiety, frustration, and blame because of the push from society to be perfect.

This tool, The Empowerment Focuser, is designed to eliminate both of these challenges: overlooking achievements and the desire for perfectionism. It's time to measure backward, not forward. It's time to focus on progress, not perfection. It's time to focus on The Key To Lifetime Happiness.

THE KEY TO LIFETIME HAPPINESS

YEP. IT'S REALLY THAT SIMPLE.



MEASURE _____, NOT _____.

FOCUS ON PROGRESS, NOT PERFECTION

DATE:

THE EMPOWERMENT FOCUSER

What's going **right** in my life right now?

FIRST: Current Rating: Confidence, Happiness, & Success: _____				
	SUCCESS/ACHIEVEMENT WHAT IS GOING RIGHT FOR ME?	REASON WHY	FURTHER PROGRESS	NEXT ACTION STEP
1				
2				
3				
4				
5				
6				
7				
LAST: New Rating: Confidence, Happiness, & Success: _____				

WHATEVER YOU FOCUS ON EXPANDS!

THE COLLEGIATE EMPOWERMENT® COACHING PROGRAM is the first one-to-one professional development experience designed exclusively for highly-committed professionals in Higher Education, like you. Within the coaching program, there is a constant focus on 1) increased clarity, 2) enhanced confidence, 3) new capabilities, and 4) deeper commitment for you both personally and professionally. As a participant, you are also licensed and encouraged to facilitate the Collegiate Empowerment concepts and tools with members of your campus community.

YEAR 1, TOOL 3

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